

# August Group Exercise Schedule

Updated 7/16/15

<b>MON</b>	<b>9:00-10:00 am*</b> <b>Zumba®/LaBlast®</b> Joyce	<b>6:00-7:00 pm</b> <b>Kickboxing</b> Deborah
<b>TUE</b>	<b>9:00-10:00 am*</b> <b>Mixed level Pilates</b> Jill	<b>6:00-7:00 pm</b> <b>Butz n' Gutz Plus</b> Veronica
<b>WED</b>	<b>9:00-10:00 am*</b> <b>Cardio Sculpt</b> Eversley	<b>6:00-7:00 pm</b> <b>Cardio Sculpt</b> Deborah
<b>THU</b>	<b>9:00-10:00 am*</b> <b>Bombay Jam®</b> Ella (8/6, 8/20) <b>Zumba®</b> Crystal (8/13, 8/27)	<b>6:00-7:00 pm</b> <b>Bombay Jam®</b> Gurleen (8/13-8/27) <b>No class 8/6</b>
<b>FRI</b>	<b>9:15-10:15 am*</b> <b>Hip Hop Fitness</b> Crystal (8/7, 8/14, 8/28) <b>Zumba®/LaBlast®</b> Joyce (8/21)	<ul style="list-style-type: none"><li>• <u>All Classes are held at the Community Recreation Center</u>, 969 Kiely Boulevard, Santa Clara For information call 408/615-3140</li><li>• Due to safety reasons, participants arriving 15 minutes after the start of class will not be admitted into class.</li><li>• If you would like to receive Group Exercise updates and notifications, please confirm your email address with office staff or email "add to Group Exercise" to PRCustomerserve@SantaClaraCA.gov.</li><li>• Monthly schedule is available online www.santaclaraca.gov/exercise</li></ul>
<b>SAT</b>	<b>9:15-10:30 am</b> <b>Kickboxing</b> Deborah	
<p><b>*Babysitting is available for the <u>Monday-Friday morning</u> classes for \$2.50 per child.</b></p> <p><b>No evening class, Thursday, August 6</b></p> <p><b>Schedule is subject to change.</b></p>		

**Class Offerings and Descriptions:** **Bombay Jam®:** The ultimate dance fitness total body workout that is effective, safe, easy to follow and packed with authentic Bollywood Flavor. **Cardio Sculpt:** Work all major muscle groups using a variety of equipment. Physically challenging for all levels. **Kickboxing:** Combines punches and kicks of martial arts into choreographed combinations to burn fat and sculpt your body. **Mixed level Pilates:** This mat class focuses on core strength and stability, including sculpting and stretching exercises - all levels are welcome. **Butz n' Gutz Plus:** Bust your most troublesome areas into tip top shape. **Hip Hop Fitness:** A Dance Fitness Class that will make you sweat while toning your whole body. **Zumba®:** A high energy dance workout that combines both Latin and international rhythms with cardiovascular exercise.

**LaBlast®:** Partner free dance program to learn dance, get fit and have fun!

**Drop-in Cost: \$5.50**

**Pass Cost:**

# of Classes	Resident	Non-Res.
4	\$16	\$20
8	\$32	\$40
12	\$48	\$60
16	\$64	\$80
20	\$80	\$100
24	\$96	\$120

*Passes do not expire & are non-refundable.*



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